Suicide Prevention Resource Center
Promoting a public health approach to suicide prevention

The nation’s only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.
Technical Tips

✓ Technical problems? Call:
  • Adobe Connect at 1-800-422-3623

✓ Please type any questions or comments into the chat text box.

✓ Click the “Full Screen” button on the upper right to make the presentation larger. Click “Full Screen” again to return to normal view.
Keeping Youth Safe: Reducing Access to Lethal Means
Overview

✓ Learn more about the connection between suicide prevention and means restriction

✓ Find out how two campuses have implemented means restriction strategies

✓ Discuss opportunities for next steps to address means restriction in your community
Today’s Speakers

Jim Gouveia, LCSW-ACSW
Oregon State University

Chris Brownson, PhD
UT-Austin

Sheila Krishnan, MPH
SPRC

Rebekah Hunt, MPA
SPRC
What is “Means Restriction?”

“Reducing a suicidal person’s access to highly lethal means”
Poll

✓ Have you worked on means restriction?
✓ What means have you worked on restricting?
Goal 6: Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk
Public Health Approach

- Identify Individuals at Risk
- Increase Help Seeking Behavior
- Promote Social Networks
- Develop Life Skills
- Restrict Access to Potentially Lethal Means
- Provide Mental Health Services
- Follow Crisis Management Procedures

Comprehensive Suicide Prevention and Mental Health Promotion

SPRC/Jed Foundation Model
Why Means Restriction?

✓ Many suicide attempts occur in a short-term crisis with little planning
✓ Intent isn’t all that determines whether an attempter lives or dies
✓ 90% of attempters who survive do not go on to die by suicide
✓ Access to lethal means is a risk factor for suicide completion
✓ Many people who attempt are ambivalent
✓ People do not typically substitute means

Means Matter Campaign, 2013
Why Means Restriction?

- Increase the time interval between suicide impulse and behavior
- Increase the effort required to act on an impulse
- Make highly lethal means less accessible
- Increase the opportunity for rescue
Success in Means Restriction

- Coal Gas in the United Kingdom: 1955-1974
- Pesticides in Sri Lanka: 1996-2005
- Paracetamol Blister Packs in the United Kingdom: 1998

Take-Aways

✓ Gather information
✓ Identify partners
✓ Change policies and practices
✓ Work with the media
SPRC Resources

- SPRC Private Pages
- SPRC Online Library
- Best Practices Registry
Contact Us

Sheila Krishnan
skrishnan@edc.org
734-972-4459

Chris Brownson
cbrownson@austin.utexas.edu
512-471-3515

Rebekah Hunt
rhunt@edc.org
617-618-2178

Jim Gouveia
Jim.Gouveia@oregonstate.edu
541-737-0863
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